

ABSTRACT

The present invention includes a method for aiding an individual in the cessation of nicotine use. The method has the steps of administering a 5 first homeopathic composition to the individual. The first homeopathic composition is formulated to reduce nicotine craving by the individual. A second homeopathic composition is contemporaneously administered in conjunction with the first homeopathic composition. The second homeopathic composition formulated to detoxify the individual of residual 10 nicotine and nicotine byproducts.